Resource 1:

This resource if from the Department of Health an Ageing of Australia. It is *The Australian Guide to Healthy Eating*. I chose this resource because it is relevant to the outcome we are looking at which is **ALS2.6 discusses the relationship between regular and varied physical activity and health; which explores aspects of nutrition. The lesson is an introductory lesson of a series of ten lessons. The overall aim of the sequence of lessons is to design a multimodal text, a video of a health campaign for Health Week, as a class. This resource directly relates to nutrition, and supports the overall outcome of the lessons. Due to this lesson being the introductory lesson, the aim of the lesson is to introduce students to reflect on previous knowledge** about the importance of healthy lifestyles and to learn about what attributes to a healthy lifestyle by making links with physical activity and nutrition. The lessons main focus is on nutrition **and looks at foods that should be eaten regularly and lots of, and foods that should be eaten on occasion and rarely. The Australian Guide to Healthy Eating is used as the basis for learning and discovery of students about different types of food there are, what is best for you to develop healthy bodies, and what should be eaten regularly whilst understanding foods that can be bad for you. Although the lesson directly relates to nutrition and the need for a healthy lifestyle it also is relevant to literacy outcomes. I use various activities related to the Australian Guide to Healthy Eating, the main activity that students are looking at literacy through the learning of nutrition is Activity 3;** *Students use their imagination to create a human character and recognise characteristics to make them healthy, including nutrition, recreation, sleep, and physical activity.*

To do this students need to understand various activities that comprise a healthy and active lifestyle and the importance of this. They are also being creative when they create and write about their own character. The students explore reading, writing, listening and viewing within this lesson. Students explore a range of roles interacting in pairs and groups, using various listening strategies (K-6 PDHPE Syllabus 1999). Students work in various group sizes and working collaboratively in small groups can provide opportunities for students to develop self-directed learning skills and provide opportunities for students to develop collaborative learning and social interaction skills (Winch, 2006). Students also independently read and view various texts and justify interpretations of ideas, and information, using a range of skills and strategies. They integrate a range of skills and strategies efficiently when reading and interpreting texts and visual images (K-6 PHPE Syllabus, 1999 p. 13).

Therefore whilst this lesson explicitly teaches the important of nutrition and physical activity to have and maintain a healthy lifestyle looking at the Stage 2 PDHPE syllabus, it also effectively teaches literacy outcomes in a variety of ways. Two examples of English outcomes this lesson directly relates to are: **TS2.1: Communicates in informal and formal classroom activities in school and social situations for an increasing range of purposes on a variety of topics across the curriculum.** And **TS2.2: Interacts effectively in groups and pairs, adopting a range of roles, using a variety of media and uses various listening strategies for differnet situations**

The Australian Guide to Healthy Eating is an effective visual and written task for students to gain a better understanding of nutrition and to reflect on the Guide for meaningful learning experiences.

**References:**

Department of Health and Ageing (2008) *Australian Guide to Healthy Eating*

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<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-food-guide-index.htm>

Board of Studies (1999) *K-6 PHPE Syllabus*

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<http://k6.boardofstudies.nsw.edu.au/go/personal-development-health-and-physical-education>

Winch, G., Johnston, R., March, P., Ljungdahl, L., Holliday, M. (2008) Literacy 3rd Edition: *Reading, Writing and Children’s Literature*. Oxford University Press